

TRIPS

Trips are for all ages. Trips may be cancelled due to insufficient registration, with refunds to those registered. All buses leave from the parking lot at **Weis Market on Linglestown Road**. Our trip fees do not include gratuity for the bus driver. A \$1.50 gratuity per person is suggested and collected on each trip. Seating is on a first-come, first-served basis, with seats retained throughout the trip. **NO DISCOUNTS!**

**(Register Monday-Friday
between 8 a.m.-5 p.m.)**

New York "Day On Your Own"

Shop, see a show or just take in the sites of New York City. Depart Harrisburg at 7 a.m. Depart New York City at 7 p.m.

Date: Saturday, December 6

Fee: \$47 per person (Code 9625 & 9626)

Williamsburg Getaway

Trip includes: Bus, Quality Inn Suites, Evening Reception, Buffet Breakfast, Luggage Tags and Taxes.

Dates: Saturday and Sunday, February 21 & 22

Fee: \$169 sgle., \$129 dbl., \$124 tpl. (Code 9909)

Macy's Flower Show

Trip includes: transportation, maps and coupons.

Date: Saturday, March 28

Fee: \$83 per person (Code 9912)

New York "Day On Your Own"

Shop, see a show or just take in the sites of New York City. Depart Harrisburg at 7 a.m. Depart New York City at 7 p.m.

Date: Saturday, April 18

Fee: \$55 per person (Code 9910 & 9911)



FRIENDSHIP SENIOR CENTER

A. Senior Center/East Annex (657-1547)

~~Mon.-Fri., 7 a.m.-3:30 p.m. Seniors may come for programs, socialization, cards, leisure activities and congregate meals for residents of Dauphin County.~~

B. Senior Eligibility

~~The Senior Center is open to seniors 60 years and older at no charge. Seniors do not need to be members of the Friendship Center or township residents to participate.~~

C. Congregate Meals

~~Meals are provided Mon.-Thurs. by the Dauphin County Area Agency on Aging. Seniors **must sign-up** 48 hours in advance at the senior center. Donation requested for meals. Residents of Dauphin County only.~~

D. Weekly Program Schedule

MONDAY

~~8:30 a.m. - Aerobics (light)
8:30 a.m. & 11:35 a.m. - Aquacise (\$2.00 cl.)
9:30 & 10:15 a.m. - Tai Chi
9-11:30 a.m. - Cards
1:00 p.m. - Beginning Line Dancing
2:00 p.m. - Intermediate Line Dancing~~

TUESDAY

~~8 a.m. - Peppi
8 a.m. - Blood Pressure (1st Tues.)
8:40 a.m. - Aquacise (\$2.00 cl.)
7-10 a.m. - Walking (indoor)
8 a.m.-2 p.m. - Cards
9-11 a.m. - Group Crocheting & Crafts
12:30 p.m. - Cash Bingo
1-2 p.m. - Lap Swim (\$1.50)~~

WEDNESDAY

~~8:30 a.m. - Aerobics (light)
8:30 a.m. & 11:35 a.m. - Aquacise (\$2.00 cl.)
10-11:30 a.m. - Cards (manipulation)
12:30 p.m. - Bridge Club
12:30 p.m. - Mah Jongg
2 p.m. - Tai Chi~~

THURSDAY

~~8 a.m. - Peppi
8:40 a.m. - Aquacise (\$2.00 cl.)
7-10 a.m. - Walking
1-2 p.m. - Lap Swim (\$1.50)
1 p.m. - Coin Club (1st Thurs.)
1:30 p.m. - Line Dancing~~

FRIDAY

~~8:30 a.m. - Lite Aerobics
11:35 a.m. - Aquacise (\$2.00 cl.)
12:30 p.m. - Bridge
12:30 p.m. - Knitting and Crocheting~~

Senior Van Service: Call 657-5650

CAT Share A Ride: 232-6100

~~Lower Paxton Township Senior Citizens (60 & older) may utilize the Van Service for medical appointments, shopping and other necessary transportation. Service available Mon.-Fri., 8 a.m.-3:30 p.m. Call between 8 a.m.-12 noon. Anyone 21 years or older interested in volunteering as a Dispatcher or Driver, please call the Van Service.~~